

**NINDS CDE Notice of Copyright****2 Minute Walk Test (2MWT)**

<b>Availability:</b>	The instrument is freely available here: <a href="#">2 Minute Walk Test Link</a>
<b>Classification:</b>	<b>Supplemental:</b> Myotonic Dystrophy (DM), Spinal Cord Injury (SCI)  <b>Exploratory:</b> Congenital Muscular Dystrophy (CMD), Facioscapulohumeral Muscular Dystrophy (FSHD), Mitochondrial Disease (Mito) and SCI-Pediatric (age 4–18)
<b>Short Description of Instrument:</b>	<b>Construct measured:</b> Walking Speed <b>Generic vs. disease specific:</b> Generic <b>Intended respondent:</b> Participant <b># of items:</b> N/A <b># of subscales and names of sub-scales:</b> N/A <b># of items per sub-scale:</b> N/A
<b>Comments/Special instructions:</b>	<b>Scoring:</b> Scoring is completed by recording the distance covered during the two minute time period.  <b>Background:</b> The Two Minute Walk Test (2MWT) was designed to measure the distance an individual can walk without assistance during a two minute time period. The individual is instructed to walk the maximum distance possible in the 2 minutes provided, while being allowed to rest if needed. Individuals who are unable to walk without assistance should not be allowed to attempt this test.  <b>SCI-Pediatric-specific:</b> Assistive devices can be used but should be kept consistent and documented.
<b>Rationale/Justification:</b>	<b>Strengths/Weaknesses:</b> Some people may prefer this measure over the 6-Minute Walk Test (6MWT). Since it is possible for more people with SCI to walk 2 minutes versus 6 minutes, there are more published studies that have used the 6MWT. Additionally, the 2 Minute Walk Test is able to measure the same construct in one third of the time and effort needed to use the 6MWT.  The 2 Minute Walk Test is also used by the NIH Toolbox.
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